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Hungarian-Style Braised Cabbage with Apples ·•

Hungarian-style braised cabbage with apples is a traditional dish that combines the sweetness of apples with the tanginess of cabbage. It is typically served as a side dish and pairs well with roasted meats or sausages. The cabbage is slowly cooked until tender and flavorful, with the apples adding a touch of sweetness. This recipe is perfect for those looking to try a classic Hungarian dish.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 60 mins

Total Time: 75 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	cabbage
500 g	Apples
100 g	onion

50 g	butter
25 g	sugar
50 ml	white wine vinegar
10 g	salt
5 g	pepper

Directions

Step 1

Cut

Thinly slice the cabbage and dice the apples and onion.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Stove

In a large pot, melt the butter over medium heat. Add the onion and cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stove

Add the cabbage to the pot and cook for 10 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Stove

Add the apples, sugar, vinegar, salt, and pepper to the pot. Stir well to combine.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Stove

Reduce the heat to low, cover the pot, and simmer for 45 minutes, or until the cabbage is tender.

Prep Time: 0 mins

Cook Time: 45 mins

Step 6

Serving

Serve hot as a side dish.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 2 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	5 g	13.16%	20%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	5 g	17.86%	20%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	250 mg	10.87%	10.87%
Calcium	6 mg	0.6%	0.6%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	4 mg	50%	22.22%
Potassium	300 mg	8.82%	11.54%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

French

Mediterranean

American

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Snack

Brunch

Supper

Events

Picnic

Nutritional Content

Low Calorie

Low Fat

High Fiber

Sugar-Free

High Iron

Difficulty Level

Easy

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